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PHILADELPHIA NO. 1 FREE DAILY IN THE US

Monday, November 14, 2016 metro.us | t: MetroPhilly | f: MetroPhilly

ARE SNOOP AND MARTHA REALLY FRIENDS?

We find out from the creator of their new cooking show. 20-21

Another round of anti-Trump protests planned. 4

The business of capturing your attention. 23

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OFF THE GROUND

The Eagles ran for 208 yards and allowed just one touchdown to the high-powered Falcons on Sunday, improving to 5-4. 26

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1. What does a former U. S. Marine plan to ask president-elect Donald Trump?

2. How many rushing yards did the Eagles have in Sunday's win?

3. Who created "Martha & Snoop's Potluck Dinner"?

3 things you need to know

TRUMP: 'CERTAIN AREAS' OF BORDER WALL WITH MEXICO COULD BE FENCE

President-elect Donald Trump said in an interview to air on Sunday that certain areas of his promised border wall with Mexico, a key part of his White House campaign platform, could be fence instead. Asked in an interview with CBS' "60 Minutes" whether he would accept a fence instead of a wall, Trump said "for certain areas I would," according to excerpts. "But certain areas, a wall is more appropriate. I'm very good at this, it's called construction, there could be some fencing," Trump said. During his race against Democrat Hillary Clinton, Trump repeatedly promised to make Mexico pay for the border wall, part of his plan to toughen immigration law and secure the border. REUTERS

OBAMA OFFICIALS WORK AGAINST TIME TO WRAP BANKING RULES

2 U.S. officials are striving to put finishing touches on a slew of banking rules before President Barack Obama leaves office and hands regulatory power to Donald Trump who has vowed to rewrite the existing financial rule book. President-elect Trump will take over on Jan. 20 and his fellow Republicans will have control of Congress and government agencies, allowing the new administration to block or roll back many of the last-minute changes. But by completing far-advanced work on some banking standards in the next 10 weeks, Obama officials would raising the chances that some elements of the regulatory framework will survive. Some rules are meant to flesh out the Dodd Frank Act of 2010 designed to prevent the next global financial crisis. Trump campaigned on a pledge to scrap the law but now he says only some provisions must go to lighten the regulatory burden. REUTERS

LEON RUSSELL, MUSICIAN KNOWN FOR DYNAMIC PERFORMANCES, DIES

3 Leon Russell, who emerged in the '70s as one of rock'n'roll's most dynamic performers and songwriters after playing anonymously on dozens of pop hits as a much-in-demand studio pianist in the 1960s, died on Sunday at the age of 74, according to his website. Russell, who was inducted into the Rock and Roll Hall of Fame in 2011, died in his sleep in Nashville, Tennessee, his wife said in a statement on the website. Russell had endured health problems in his later years, undergoing surgery to stop leaking brain fluid in 2010 and suffering a heart attack in July 2016. Russell's period of stardom as a performer was relatively brief but Elton John, who had once been Russell's opening act, engineered a comeback for him in 2010 when they collaborated on an album titled "The Union." REUTERS

GETTY IMAGES

COASTAL STORM APPROACHES

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

The big story in the sky today is the supermoon, as the moon won't come this close to Earth again until Nov. 25, 2034.

It will be a spectacular display in places that enjoy clear skies.

As we go into an extra supermoon phase, a storm will be developing along the Carolina coast. Latest computer models show the storm system grazing the New Jersey coast and having much more of an impact on southern New England.

Computer models show most of the significant rain from this coastal storm front falling east of Philadelphia, across southeastern New Jersey and across eastern Long Island.

Significant rainfall is expected in the Boston metro area and the capes, with most of the rain falling during the daylight hours on Tuesday.

The combination of the coastal low and the supermoon will produce minor tidal flooding along all coastal sections from New Jersey to New England. Luckily, we're not looking at a major coastal low, so any tidal impacts should remain on the minor side.

The storm system will depart on Tuesday night with dry, blustery weather and seasonable temperatures for the second half of the week.

I do see early indications of possible New England coastal storms this weekend. At the same time, a modified polar air mass will begin to funnel in from the Northwest, which could potentially leave significant amounts of wet snow in the Berkshire and Catskill mountains. The time frame for this potential wet snowfall would be Sunday night or early Monday.

Philadelphia

Today: Partly cloudy, High 60.

Tuesday: Morning showers possible, High 53.

Wednesday: Sunny, windy, High 58.

Thursday: Sunny, High 59.

Friday: Sunny, High 62.

Saturday: Sunny, High 60.

Sunday: Showers, High 49.

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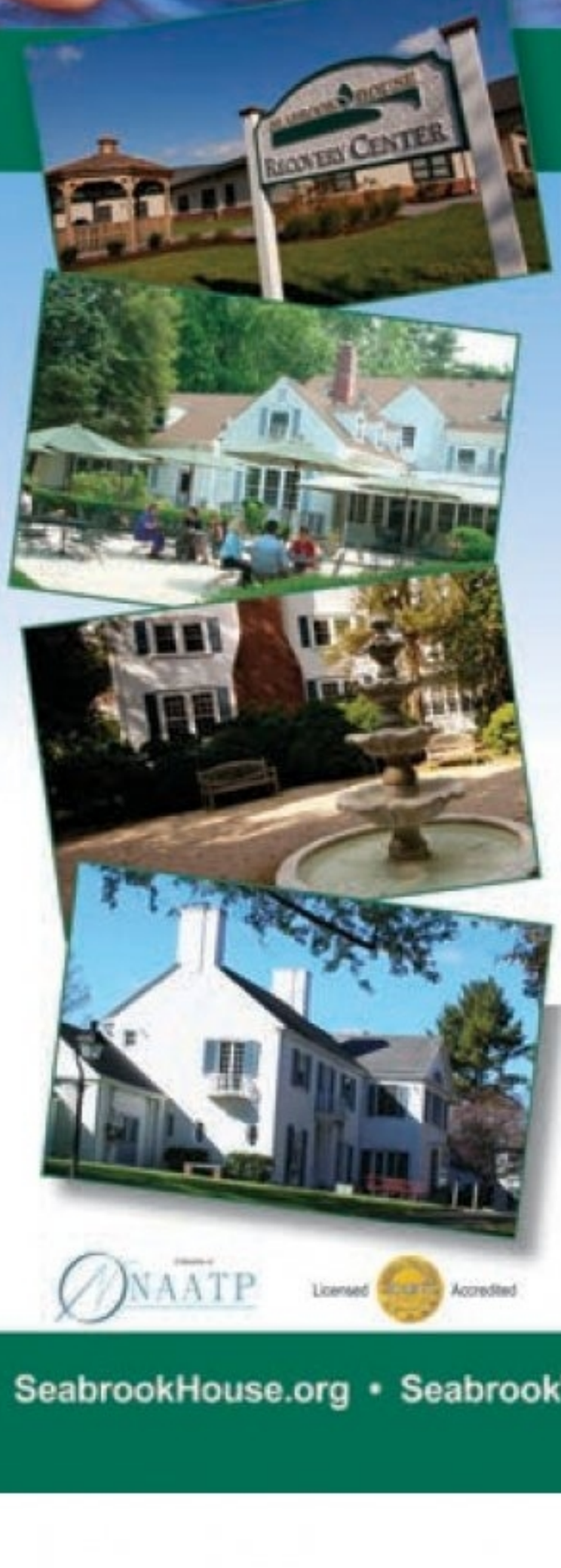

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Demonstrators protest against President-elect Donald Trump in Philadelphia. GETTY IMAGES

Philly groups plan additional Trump protests

Philly is expecting more protests of Trump and organizing by activists in the coming days.

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Demonstrations against Donald Trump's election as president continued during the weekend and more protests are planned this week in Philadelphia, the birthplace of the First Amendment.

Thousands attended peaceful protests in Center City the first two nights after Trump was elected, which snarled rush-hour traffic. College students, Democrats and activists alike all joined forces.

Trump himself struck a mixed tone on these protesters, who have demonstrated mainly in the nation's cities.

"Just had a very open and successful presidential election," he tweeted on Thursday night. "Now professional protesters, incited by the media, are protesting. Very unfair!"

In an about-face the next day, Trump praised those who have taken to the streets against him.

"Love the fact that the small groups of protesters last night have passion for our great country," he tweeted. "We will all come together and be proud!"

There are several more anti-Trump protests coming up soon, as well as organizing meetings for activists to strategize about how to oppose the future president.

Protests for Trump's inauguration ceremony on Jan. 20 are already being planned as well. A "Million Women March" is being called for Jan. 21 in Washington, the day after Trump's inauguration.

Upcoming anti-Trump meetings and protests in Philadelphia include:

Monday, Nov. 14

"Resist Trump! Join Socialist Alternative and Build a Movement" at 6 p.m., West Philly

An organizing meeting held by the Philadelphia Socialist Alternative, Reclaim Philadelphia, Black Lives Matter and other activists with the goal of building a new party of the "99 percent" to oppose Donald Trump.

Wednesday, Nov. 16

"Anti-Trump: Rally for Police Reform" at 12 p.m., outside the Philadelphia Police Department in Center City/Chinatown

Organizers from Action United are rallying outside the Philadelphia Police Department because their union, the 330,000-member Fraternal Order of Police, endorsed Trump. FOP Lodge #5, which represents Philly cops, followed the national union's lead and endorsed Trump. Some black Philly cops with the Guardian Civic League disagreed with that choice.

The rally is demanding that the police department increase the use of body cameras and end the practices of stop-and-frisk and racial profiling.

Thursday, Nov. 17

"Fight Trump: Build Resistance to Racism, Sexism & Islamophobia" at 6:30 p.m., West Philly

The International Action Center – Philadelphia is holding a people's town hall to discuss building "the resistance to Trump's racism, sexism, Islamophobia, anti-immigrant threats," and plans for the "counter-inaugural protests" being organized by the Workers World Party.

Saturday, Nov. 19

"Love Trumps Hate — Protest Donald Trump in Philly" at 1 p.m., Center City

A planned peaceful march from the Municipal Services Building at Broad and JFK to the National Constitution Center in protest of Trump and the electoral college.

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Former Marine wants Trump to help vets get medical pot

Twenty-two veterans commit suicide every day, says former U.S. Marine and marijuana activist Mike Whiter.

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For years, former U.S. Marine Mike Whiter has been sharing the story of how cannabis saved his life.

On Veterans Day this year, he took the message that vets like himself need access to medical marijuana to President-elect Donald Trump.

"Twenty-two veterans commit suicide every day, @realDonaldTrump. You say you support veterans? Let's talk about cannabis for PTSD!" Whiter tweeted.

Whiter said in a phone interview that he is hoping Trump delivers on campaign trail promises about helping veterans.

"I disagree with probably 85 percent of what this guy says," Whiter said. "But I'm trying to stay positive and hopeful that's he actually going do what he said he was going to do. He said he was going to reform Veterans Affairs. That is something I intend to hold him to."

"You're not going be able to help veterans until marijuana is accessible federally," he continued. "We're federal medical patients, and state laws aren't going to help us."

Whiter has shared his story in the past as an advocate for medical marijuana to treat veterans with post-traumatic stress disorder.

Struggling to readjust to civilian life after 11 years in Kosovo and Iraq, Whiter was put on full disability by the Department of Veterans Affairs. A heavy regimen of pharmaceuticals prescribed by his doctors took a devastating toll on his mental health and life, and drove him to attempt suicide several times. Marijuana changed all that, he said.

"It saved my life," he said. "I'd be dead if I hadn't started using cannabis."

Whiter thinks Trump and other government officials need to hear stories like his.

"It's something he needs to know about. I don't think he is as educated as he should be about this," he said.

Five states legalized marijuana on Election Day this year, but those laws in some cases won't take effect for years. Pennsylvania legalized medical marijuana this year, but the dispensaries aren't open yet.

"Pennsylvania medical marijuana is over-restricted. It's a little bit of a joke. It's really not going to be accessible to vets in the form that we need it," Whiter said. "There are no buds, no plant-form cannabis—just tinctures, oils, topicals. … It's derivatives, not marijuana."

The hoops patients need to jump through could prove an obstacle for vets as well, he said.

"I don't think it's going to be helpful for vets. I think a lot of vets are going to be scared because of the restrictions and the over-regulation, the registries they have to be on," he said. "It's going to drive patients away who need it. It's really a conundrum that we're in."

At Philadelphia's 2015 Veterans Day parade, Whiter organized a group of 22 veterans to stage a die-in protest to symbolize the estimated 22 military veterans who die by suicide each day in the U.S.

Former Marine and marijuana reform activist Mike Whiter at the 2015 Philadelphia Veteran's Day Parade, before staging a die-in to draw attention to veterans' high rate of suicide. MARIA S. YOUNG

When the die-in began, attendees booed. But after Whiter told the crowd that the demonstration was intended to help vets with PTSD, he and his fellow vets were applauded.

Despite public support, real change in the medical field is what Whiter is after. If it's not coming from the federal government, he's always willing to step in himself.

"If I'm able to, I will help a vet get cannabis," he said. "If there's a vet that's suffering that calls me to ask for help, I will help them, because I understand what it's like to not have access, to be scared, and a lot of these vets are."

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BRIEF

Times columnist nabs hotel intruder

A would-be thief provided a bit of column fodder for New York Times writer Nicholas Kristof, who encountered the man in his hotel room.

Kristof wrote about the incident Saturday on the Times' website.

Earlier that day, Kristof discovered an intruder in his room at the Franklin Hotel. The man attempted to flee, but the two-time Pulitzer Prize winner gave chase and managed to catch him and hold him until police arrived.

Kristof said he fought with the man, whom he described as a "wimpish thief."

Police took the 58-year-old suspect into custody, according to news reports.

GARY KANE

New York Times columnist Nicholas Kristof. GETTY IMAGES

GETTY IMAGES

Off-duty cop, five others, beaten at flash mob scene

Identities of police, assailants withheld.

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Three teenagers were arrested in connection with an apparent flash mob that sparked an incident that injured six people in Center City on Saturday night, including an off-duty police officer and his wife.

The group of teenage boys broke off from a larger flash mob in the area of 16th and Walnut streets, a popular retail district, and began randomly attacking people, Philly.com reported.

The off-duty officer was punched repeatedly by the teens when he tried to arrest them. His wife was punched in the face when she threw water on the alleged assailants in an attempt to break up another attack.

The officer is believed to have suffered a broken orbital bone, NBC10 reported. All six victims were transported to area hospitals.

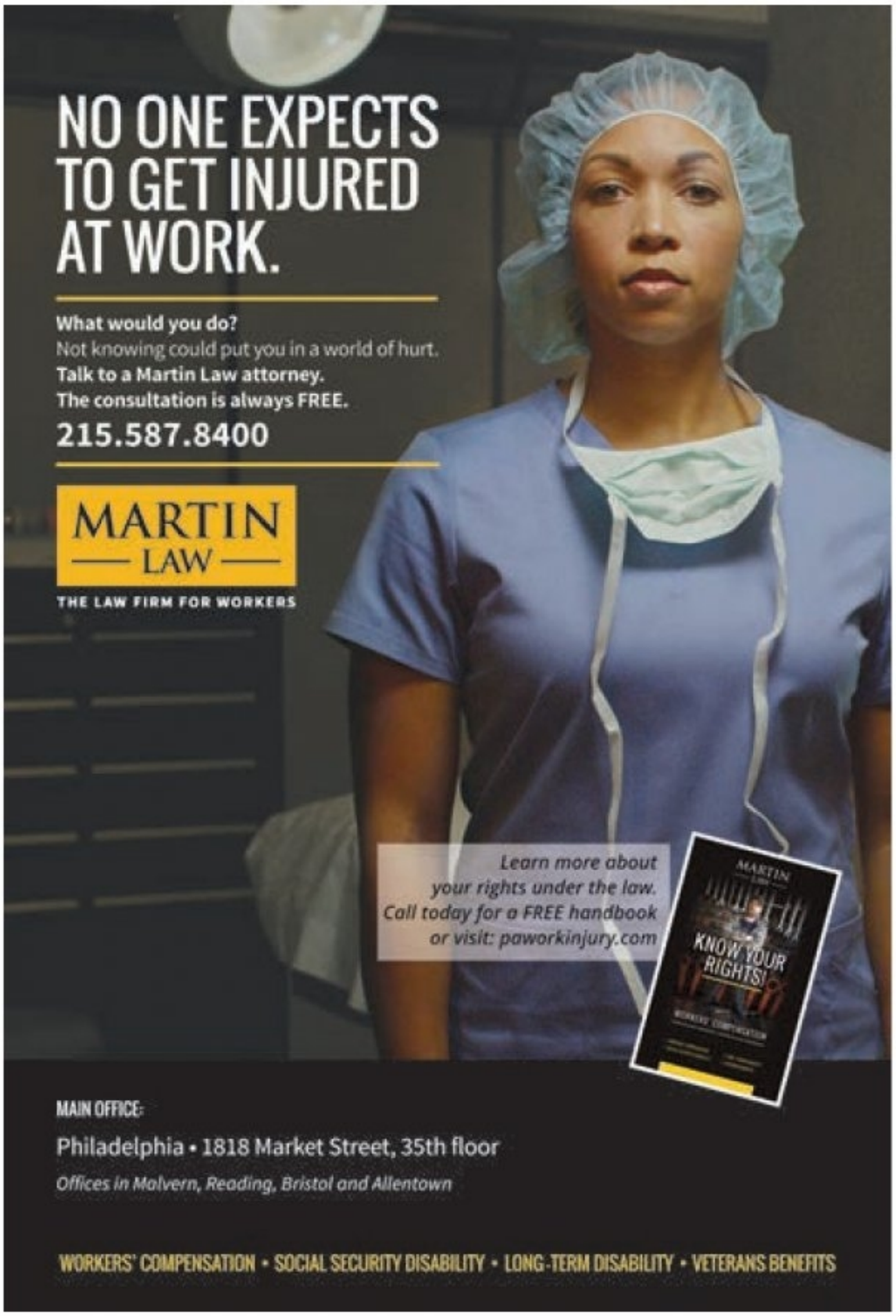
"We looked and we saw people who had obviously been beaten up," a witness, who did not want to be identified, told NBC10. "They were bleeding from their heads. We saw at least three people that were like that."

The identities of the youth who were arrested are being withheld as they are all minors.

Some witnesses said the attacks appeared to be unprovoked. Police are reviewing surveillance video taken in the vicinity of the incident.

We want your pics!

Send Metro your photos to be featured in next Monday's issue. Post your best local photos to Instagram or Twitter using the hashtag #metropicsphilly to not only see them in our paper, but also on Metro.us and our social media pages. @FOXYPUDDIN/INSTAGRAM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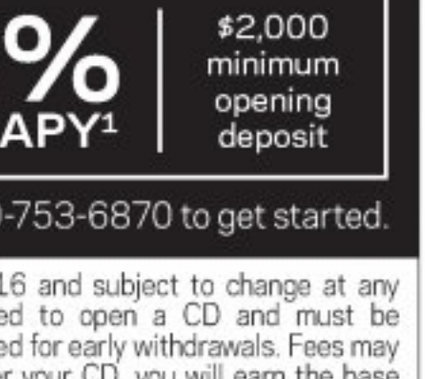

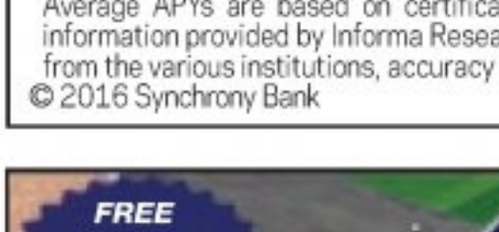

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POLITICS

Trump picks Priebus as White House chief of staff

President-elect Donald Trump on Sunday chose Republican National Committee Chairman Reince Priebus, the favorite of the party's establishment and a low-key Washington insider, to serve in the influential position of White House chief of staff.

The choice of Priebus, a loyal campaign ally to Trump who has close ties with House of Representatives Speaker Paul Ryan, signaled a willingness to work with Ryan and the Republican-led Congress to get his agenda passed.

The other front-runner for the job had been Stephen Bannon, Trump's campaign chairman and former head of the conservative Breitbart News. Trump named Bannon as his chief strategist and senior counselor. "I am thrilled to have my very successful team continue with me in leading our country," Trump said in a statement. "Steve and Reince are highly qualified leaders who worked well together on our campaign and led us to a historic victory. Now I will have them both with me in the White House."

Trump, who will take office on Jan. 20 and will succeed Democratic President Barack Obama, has been working on his transition to the White House since Tuesday's election win over Democrat Hillary Clinton and contemplating the candidates for top jobs in his administration.

The chief of staff position, which serves as a gatekeeper and agenda-setter for the president, is typically one of the most important early choices for an incoming president. REUTERS

TRUMPSYLVANIA AVENUE!

TOM FOREMAN
Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously." @tomforemancnn

Whether you were on the winning or losing side of the presidential race, it is hard to imagine this coming week could be as surprising as the last one. But with Donald Trump headed to the Oval Office, a lot of unexpected things could be coming our way. Here are my three things to watch this week in politics.

1. REROUTING

So maybe Obamacare is not going away entirely, Hillary Clinton won't be prosecuted and that thing about banning Muslims? Yea, perhaps that won't happen either. President-elect Trump ran as an outsider but he's acting like an old political pro now with his team rapidly tamping down expectations around his most incendiary promises. Watch for more of that this week. It probably won't make his most ardent fans happy, but it could reduce pressure for quick results when his term begins.

2. ROAD CLOSED

Anti-Trump protestors have been raging against the results of the election, even pushing for member of the Electoral College to defy their oaths and give Hillary Clinton the victory. That's not going to happen. He's not going to step down either. And there will be no do-over. Takin' it to the streets only gets you so far. But watch progressive professionals start stepping in this week to harness all that passion for the good of activist groups and fundraising, hoping to spin it into real, practical, political pressure on the new president.

3. WHICH WAY DO WE GO?

Democrats are desperately looking for a GPS signal because their party is lost. With this stunning election the Repubs now hold the Oval Office, the House, the Senate, more governorships and more state legislatures. The D's will probably go through another week of blaming and scapegoating after this smashing defeat. But they'll also start drawing a new map out of the wilderness. So who is going to lead? Watch for a raging family feud as Old Guard Dems try to protect their power while younger party members try to push them out using the electoral catastrophe as leverage.

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US banks' post-election rally may be just an appetizer

In recent years, bank stocks have been held back by heavy regulation and historically low interest rates, which have sapped the earnings potential of their massive cash holdings.

Traders work on the floor of the New York Stock Exchange in New York. GETTY IMAGES

The U.S. banking sector's dramatic rally post-Election Day is likely just a taste of bigger gains to come, as investors expect banks to reap huge benefits from rising interest rates and lighter regulation under a Donald Trump presidency.

Optimism about the sector's outlook is growing. Interest rates are rising and investors are betting that Trump will follow through on his campaign promise to review the increased number of regulations put on the banking system after it nearly keeled over in the 2008 financial crisis.

The S&P 500 bank subsector rose 10.2 percent in the three days following Trump's victory in the presidential election. This was the index's best three-day performance since August 2009.

In those three days, Wells Fargo Co. shares rose 13.6 percent, JPMorgan Chase & Co. climbed 9.5 percent and Bank of America gained 11.9 percent.

Some investors and analysts watching banks say the stocks are likely not near the end of their run.

"They are not close to being expensive yet," said Peter Kenny, senior market strategist at Global Markets Advisory Group in New York.

The S&P 500 banks are trading at about 11.2 times earnings estimates as a group, up from about nine times in February, when the index hit its lowest since May 2013.

Valuation is still well off peak levels of more than 33 times earnings estimates in May of 2009, though it trades near levels seen between 2002 and 2008, before many current regulations were put in place.

If rates continue to rise and the Trump administration gives some clarity on how regulations will change, then bank valuations "certainly can move higher," Piper Jaffray analyst Kevin Baker said.

Baker stopped short of giving a specific P/E estimate but he pointed to the higher valuations of banks that are not designated as systemically important financial institutions, commonly referred to as "too big to fail".

Today, the minimum asset threshold for too-big-to-fail designated banks is $50 billion. If this threshold is lifted to $250 billion in a regulatory overhaul it would give a lot more flexibility that could likely boost valuations of banks operating in that range, Baker said.

Valuations for too-big-to-fail-designated banks are at around 12.5 times forward earnings compared with multiples of 13 to 15 for banks outside this category, according to Baker.

Ed Keon, managing director and portfolio manager of QMA, a multi-asset manager owned by Prudential Financial, said he has been buying into the Financial Select Sector SPDR Fund, the ETF that tracks the S&P financial sector, in the last couple of weeks.

He is betting on higher interest rates and a pick-up in economic growth. The potential for lighter regulation added to his enthusiasm for the sector.

REUTERS

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VW: Audi software can distort emissions in tests

GETTY IMAGES

Audi cars with automatic transmissions have technology capable of distorting emissions when they are tested, Volkswagen said, as its luxury flagship is battling allegations over a reported discovery of a new cheat software device.

Germany's Bild am Sonntag newspaper said a week ago the California Air Resources Board had this summer discovered cheating software in an older Audi model, which is unrelated to the device that triggered last year's diesel emissions test-cheating scandal at parent VW.

The software in CARB's discovery lowered carbon-dioxide emissions by detecting whether a car's steering wheel was turned as it would be when driving on a road and was used in diesel and petrol models in Europe for years, Bild had said.

> *"Adaptive-shift programs can lead to incorrect and non-reproducible results."*
> VW

"Adaptive-shift programs can lead to incorrect and nonreproducible results" when the cars are tested, VW said by email Sunday in response to an article published in Germany's Sueddeutsche Zeitung on Saturday.

If the software that controlled the automatic transmissions of certain Audi models detected testing conditions, the cars shifted more rapidly and in a way that would lower emissions of CO2 as well as nitric oxides, Sueddeutsche Zeitung said, citing a confidential VW document.

"Audi has explained the technical backgrounds of adaptive-shift programs to the Federal Motor Vehicle Authority KBA and has made available technical information," VW said, adding there will be more talks with the KBA, which has been commissioned by the German government to investigate the reported irregularities at Audi.

So-called adaptive-transmission control is intended to provide better performance by improving fuel economy and reducing shifting frequency, experts say.

"In normal use, these adaptive systems support the driver by adjusting the gear-shifting points to best adapt to each driving situation," VW said.

Earlier on Sunday, Bild reported the Environmental Protection Agency had opened an investigation into Audi over the latest reported software discovery and next week will hear senior VW group engineers, without elaborating.

But two people briefed on the matter said the U.S. government is asking questions about it and whether it constitutes a defeat device in gasoline-powered vehicles.

The EPA and CARB are focused on reaching agreement with VW on how to resolve 85,000 3.0 liter 2009-2015 diesel Audi, Porsche, and VW vehicles that emit up to nine times legally allowable pollution levels ahead of a Nov. 30 court hearing in San Francisco.

REUTERS

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Tony's Metro Magic collecting toys for kids

Please donate to the Metro Magic annual holiday toy drive during the 2016 holiday season.

CHARLES MOSTOLLER

In keeping with the holiday spirit of giving, Metro is once again launching Metro Magic, our annual toy drive for underprivileged children in New York, Boston and Philadelphia.

This year marks the seventh anniversary of the toy drive, which was renamed in memory the man who oversaw the project for more than four years, Tony Metcalf, Metro's longest-running editor in chief. Mr. Metcalf passed away in 2013 from colon cancer at the age of 50.

Mr. Metcalf lit up every year as he saw the faces of children unwrap their holiday gifts. It is our goal to keep that magic alive.

"Tony felt we should use the size and scale of Metro to help others and he used enormous dedication and force to execute the project and every year make children in need a little happier during the holiday season," said Metro's Chief Executive Officer Yggers Mortensen.

"I am proud to continue this project in honor of Tony and I hope all our readers, suppliers and members of the Metro team will help to make this yet another great Metro Magic year."

Metro has created a wish list at the Target website that readers can access by going to Metro.us and clicking on the Tony's Metro Magic story on the homepage. You can also use this direct link: Metro.us/magic.

From there, just choose the toys you wish to donate, pay online using Target's secure payment system, and your gifts, along with your name attached, will be delivered to Metro's offices in each city.

So through the rest of November and December, both in print and online at Metro.us, we will be reminding readers to donate.

This season, we hope you will remember the children who will spend the holidays in shelters or who may not have gifts to open. Even one small gift can make a big difference in a child's holiday season.

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Dream Kardashian is a hit on Instagram

INSTAGRAM/@DREAM

Robert Kardashian and Blac Chyna welcomed their highly anticipated daughter, Dream Renee Kardashian, into the world on Thursday morning. The famous family flooded Instagram with pictures of the newest Kardashian the same day. On Saturday, Rob & Chyna headed home with their newborn, but not before setting her up with an Instagram account of her own.

Baby Dream's account has already been verified by the social media platform and amassed over 380,000 followers. In addition to a photo of herself posted by Daddy Rob, the infant "shared" a picture of herself breastfeeding with Chyna.

We thought Baby Dream would be kept under wraps until some magazine purchased exclusive photos of the newborn, but the family just couldn't keep her to themselves. While her auntie Kim, reigning social media queen, remains low key following her Paris robbery, Dream is stepping in!

Pink pregnant with second child

Grammy Award winner Pink is pregnant with her second child! The 37-year-old "Just Like Fire" songstress took to Instagram to "Surprise" fans with the news on Saturday. From the looks of her round baby bump, it looks like Pink is going to be a second-time mom sooner rather than later.

Pink has been married to retired biker-boy, former motorcross champion Carey Hart since 2006. He also owns a tattoo and clothing company. The couple already have a 5-year-old daughter together, Willow Sage. It appears Willow is excited to become a big sister, she posed with her head resting on her mom's tummy in the sentimental photo.

Congrats to this badass family!

INSTAGRAM/@PINK

GETTY IMAGES

Prince's estate shuts down Jay Z's offer

After legendary singer Prince was found dead in his home from an accidental drug overdose earlier this year, rapper and businessman Jay Z made a move to purchase the late singer's unreleased music. TMZ reported that Jay sat down with Prince's sister and offered around $40 million for the cherished catalog.

Apparently Prince's estate has made a decision: No deal. TMZ has confirmed that the estate sent a letter to Jay Z's camp saying that they actually aren't down to letting "Roc Nation exploit any of the intellectual property assets of the estate." Yikes. They're also claiming that Tidal, part-owned by Jay, was not authorized to make 15 of Prince's albums available for streaming shortly after his death.

Looks like you really can't always get what you want, even if you're Beyoncé's husband.

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Drug Companies Fear Release Of New $2 Sex Pill For Older Men

Men in clinical trial see huge boost in desire, strength of erections, and sexual activity without side effects.

Big Pharma Worried: Older men are having better sex after taking new JackedUp pill. Clinical trials show active ingredient triggers surge in desire, strength of erections, and sexual activity in older men.

NEW YORK - It's hard to believe that in America today an affordable pill that could improve the sex lives of millions of men is in danger of being yanked from the shelves. And it's just because big drug companies fear for their profits.

The pharmaceutical industry is desperately trying to stop shipments of the remarkable new "JackedUp" pill. Big Pharma is worried because men are reporting increased sex drive, stronger erections and more stamina - all without the side-effects and $40-per-pill price tag associated with drugs like Viagra. Clinical results show men feel these benefits within just a few weeks of taking JackedUp's active ingredient.

The pill, made for men over 50, was released early last month. Despite Big Pharma's efforts, sales have already exceeded expectations.

"If you're over 50 and suffering from low sex drive, decreased stamina and inability to perform, low testosterone is the biggest factor. ***Drug companies do NOT want men to know about this affordable new pill…"***

Exciting Benefits

There are very good reasons why sales are booming and drug companies want it gone. Apart from costing just two dollars per daily dose, the clinical results confirm JackedUp's active ingredient is very impressive. It greatly boosts a man's ability to get and keep erections. Stamina during sex also improves.

The product also has a unique ability to help men feel more passion, desire, and sex drive. These impressive benefits come from boosting testosterone levels by up to a whopping 193%. Doctors are astounded by its effects.

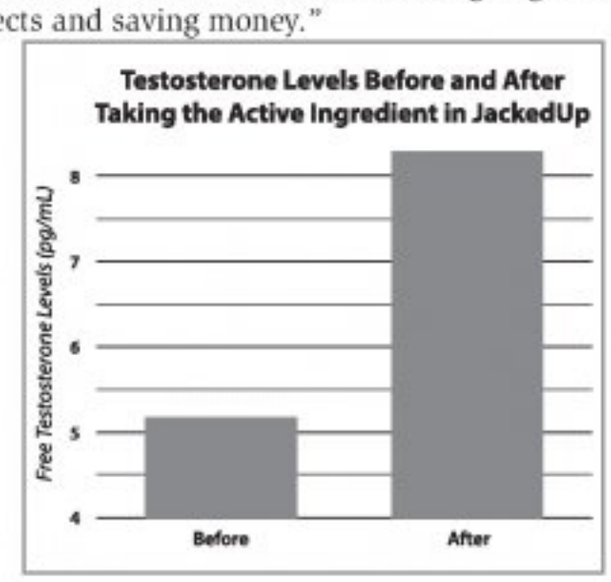
Why do drug companies want this pill stopped? Since the "JackedUp" pill is natural, drug companies can't patent it (like they did with Viagra) and make big profits. Plus, if you're over 50 and suffering from low sex drive, decreased stamina and inability to perform, low testosterone is the biggest factor. If you can safely boost your testosterone, *you won't need their expensive pills*. That's the very reason big business is trying to have it pulled from the shelves.

Strong Clinical Results Worry Big Pharma

Recent clinical trials on JackedUp's active ingredient have made the drug companies more desperate. The trial results were published in major medical journals, and doctors are now recommending JackedUp to patients.

The testing was done on men 40 – 65 years old, and the results were remarkable. The men who took the active ingredient in JackedUp reported major improvements in their sex lives. Their ability to get and keep erections went up by over 200%. Libido and sex drive surged. Even staying power and stamina during sex more than doubled!

Head of product development, Dave McNeill, said the big drug companies weren't worried at first. "They didn't care because the active ingredient can take a few weeks before many men really feel the benefits. But these awesome clinical trials really got their attention. They're learning A LOT of men will wait a few weeks if it means avoiding negative side effects and saving money."



How It Works

The "JackedUp" pill works by helping older men produce more testosterone. It doesn't force dangerous fake testosterone into your body like injections do. Instead, it works with your body to produce testosterone naturally. And the results have been extraordinary. It's like your body reboots itself to feel like it did in the prime of your life.

Initial Users Are Thrilled …And Worried

"JackedUp has been awesome for my sex drive and performance! I'm worried it may not be available in the future. The idea that it may be taken away just to secure some big drug company's profits is very frustrating."

- Rob H., 49 years old, Colorado Springs, CO

"My wife and I were both sexually vibrant until I had prostate cancer. After my surgery we tried everything my doctor recommended but nothing worked. Within a few weeks of taking JackedUp, everything has been functioning beautifully and we've been riding high ever since!"

- Ken S., 78 years old, Phoenix, AZ

Doctors Speak Out

Drug companies are also concerned that doctors are now recommending JackedUp. The active ingredient has strong clinical results and lacks the side effects seen in current drugs on the market. This makes it an easy option for doctors to suggest.

Dr. Laguna-Bedia, a specialist in internal medicine says, "A lot of men think their lack of interest and inability to perform are simply parts of aging. This is just not true. JackedUp can help these men regain a healthy appetite for sex and the physical ability to perform."

"JackedUp works by boosting key male hormones without side effects. The benefits of these hormones to sexual health are well known, but they actually do more than that. Men also report more energy, less body fat and higher motivation," said Dr. G. Pereira, a renowned surgeon in Florida.

Dr. Jacob Moss notes, "I recommend JackedUp if you're struggling with getting and keeping erections or low libido. It's also a great option for men who want to last longer and have more control over when they orgasm."

Special Opportunity for Our Readers

Drug companies are fighting hard to get rid of this product. This is making inventory disappear fast. Thankfully, a special discounted supply has been reserved for Philadelphia Metro readers. But only for those who call within the next 48 hours.

This is the best opportunity to try JackedUp risk-free with their 100% results guarantee.

A Regional Order Hotline has been set up for local readers to call. This gives all men an equal chance to try JackedUp.

Starting at 6:00 am today the order hotline will be open for the next 48 hours. All you have to do is call TOLL FREE 1-888-583-3542 and the company will do the rest.

Due to the possibility of JackedUp being pulled from the shelf, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Current supplies of JackedUp are limited, and callers that don't get through to the order hotline within the next 48 hours will be forced to wait for more inventory to be produced. This can take as long as 6 weeks.

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Cooking up 'Martha & Snoop's Potluck Dinner Party'

We chat with series creator SallyAnn Salsano.

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The world could use a heavy dose of comic relief right now, and the tongue-in-cheek humor of "Martha & Snoop's Dinner Party" may be the perfect remedy to post-election blues. The show made its premiere on Nov. 7 and teams legendary rapper Snoop Dogg with America's domestic goddess, Martha Stewart, as they cook up a meal as well as some interesting conversation. We chatted with series creator SallyAnn Salsano about TV as cultural diplomacy, Martha and Snoop's friendship and who's the better cook.

First I've gotta ask: Are Martha and Snoop friends in real life?

It's so crazy. Yes, they are. The first time they connected — I think in 2007 or 2008 — was back on Martha's cooking show. He came in to do a segment and they just like completely hit it off and have stayed in touch ever since. They both literally respect the hell out of each other and understand each other in a way that made our job so much easier.

How did the idea for the show come about?

I sat with Chris McCarthy and talked about doing a celebrity cooking show

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VH1

that was just different. I was like: "Look, I am such a pop-culture nutjob, I love cooking, I love food, I love great conversation, I love new combinations of people." And, I'm like, you know, everyone cooks, everyone always thinks their stuff is better than this person's stuff. There's always a little bit of pride or competition. And he was like "Oh my god, let's do it." So, we started coming up with formats for the show. Then we were like: "Do you think they [Martha Stewart and Snoop Dogg] would do it?" And then we were like, "Hell, let's ask."

At a point when our country is so divided, this show couldn't have come at a better time.

Without realizing it, the show is a very powerful thing. Even during its development, there was so much hatred going on in our country. Then you come to our set — you could not have two people who appear to be so different on the outside just worshipping each other. If you look at their two dynamics and their brands side by side, they are so different, but really are very much the same. They're two people that came from, you know, very modest backgrounds that work their asses off to build empires; they are both perfectionists; they both love food; they love friends; they love entertaining; they love music.

Reality TV as diplomacy. Crazier things have happened ...

We even talked about the set and how they divide it down the middle and Snoop was like: "This is my style, this is Martha's style. With that being said, we're not changing for each other but we love each other for it." And, I think if the country looks at it that way, there is a little bit of a message there. Sharing your entire heritage, your family, your life and your traditions. Martha learns just as much from Snoop as Snoop learns from Martha.

SallyAnn Salsano VH1

I have to say, I had no idea Snoop was so into cooking!

During commercial breaks I literally run up there and grab a bite. I'm like, "Give me a bite, give me a bite," because you're sitting there and you're dying to know. You always expect Martha to be good because it's so clichéd. Like, Martha's is going to be fabulous. On the first day I was like, can Snoop really cook? And I was like: "This is really good." And he was like: "I'm actually offended at how surprised you are!" We all started laughing because it's true. Again, it comes back to the fact that Martha is the cook and Snoop is the singer, you know. And in the end, they are both great cooks.

"Martha & Snoop's Potluck Dinner Party" airs on Monday nights at 10 p.m. on VH1.

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Oh, hell yes

Ingrid Michaelson on her Hell No Tour and songs too difficult to perform.

Ingrid Michaelson released her most personal album to date this fall. SHERVIN LAINEZ

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Ingrid Michaelson charmed fans with her quirky glasses and ukulele, singing songs about her sweater and the catchiest stream of internal neurosis ever. Fast-forward to her seventh album, "It Doesn't Have to Make Sense," which dropped in August, and the Staten Island-bred singer-songwriter isn't quite as upbeat. Faced with the death of her mother and divorce, Michaelson unapologetically sings about heartache, tragedy and well, acceptance and subsequent joy. She declares it an indulgence in a "myriad of emotions" when she picks up the phone in San Francisco, where she and her crew are about to depart for Alcatraz for a daytime excursion.

"It Doesn't Have to Make Sense" came from some very sad personal times in your life. Was the songwriting process therapeutic?

I wasn't even planning on writing; it just sort of happened. It took me about a year and a half to finish, and I didn't even know what the album was going to be about — but then, I never know until a record's over and I look back and am like, "OK, so that's what it is." This one is about human emotion, the highs and the very lows of the last few years. I found myself feeling guilty for having these joyful moments, but after talking to people, I decided my mother wouldn't want me to be so, so very sad all the time. I think the record celebrates every corner of your emotional experience. I was trying to quantify the world and define everything after my mom passed away, so that's why this record was so different.

Is there anything on the album that's been particularly difficult to perform live?

I lost my mom about two-and-a-half years ago, and much of the record is about her. And there's one song that's very, very sad. I played it the first night, but I can't play it again. It's too much. You have to figure out what are the songs you can't physically play for one reason or another live, and that one, I need more time to go by before I can sing it again.

Can we discuss the video for "Hell No," which is essential you singing the song through a series of Snapchat filters? Was that filmed on Snapchat?

Of all the social-media outlets, that's the one that strikes me. You can't take yourself seriously on Snapchat. And I thought, "How funny would it be if we made a video using all of the filters?" I just woke up each day and was like, "So what's the latest filter?" and did a couple takes and edited them all together after a month. It took about two hours. [Laughs] It was very inexpensive. It's my most inexpensive video yet, and one of my favorites.

PROVIDED

And on the bigger screen, you're due to star in Sam Hoffman's "Humor Me" with Jemaine Clement. Any spoilers?

I have a pretty substantial role, so it's pretty exciting. I play a down-on-my-luck musician and a ... drug and alcohol user. It's very funny and sweet. I haven't seen it yet, so I can't tell you much except that it's coming up.

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HOW TO GET AHEAD

A new book exposes the business of capturing our minds.

SARA FEINSTEIN
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Do you feel like you're in a constant state of distraction? You are.

And you can thank the "attention merchants." These tech-age sales agents — they include everything from TV networks and newspapers, to companies like Google and Facebook — are explored in Columbia University professor Tim Wu's latest book.

"Turning on the internet has come to feel like swatting mosquitoes," Wu says.

"We spend so much time avoiding ads, and [marketers] spend all of their time finding new ways to sneakily put them where we can't get away from them."

Of course, a business model that relies on capturing and keeping attention is always going to lean toward the sensational, says Wu, and these merchants have realized that entertainment is the most effective method.

It's one of the main reasons Donald Trump was able to win the election, Wu explains: He was incredibly good at attracting attention. In fact, his campaign came to embody the "strangely irresistible" world of reality television — a platform that relies on the highly unusual and erratic. Traditional newspapers, government officials, and even the president, are all competing with the entertainment industry to get their messages out, says the expert.

People used to complain about sensational television being all about the race for ratings, Wu says. But he contends that's more dignified than the web's aggressive contest for clicks that aims to trap us in a vortex of wasted time.

"I call it the casino effect," he says. "You sit down to write one email, then you click on something and suddenly four hours go by."

Perhaps more frightening is the fact that we carry around these ad platforms in our pockets and are entranced by their glowing screens all day long.

"Imagine you told someone 50 years ago, we're going to have a phone like 'Star Trek,'" says Wu, "but as opposed to doing what they say, they're also going to be trying to make you watch ads all of the time."

We're a free society, yet somehow we're continually being watched and controlled by our devices, he says. Through most of our history, we've condemned countries for keeping files on its citizens, and now we happily hand over personal data to private companies just so we can play "Candy Crush" with our aunt in Spain.

But while it's possible to reclaim our consciousness, explains Wu, harnessing the willpower to disconnect isn't enough. "You have to set up rules and reprogram your own life."

His secret weapon? "I have children," he says, "which forces parts of my day to be completely human."

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LAKSHMI GANDHI
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During his 30 years of teaching at New York University, James P. Carse saw it all: eclectic students, fiercely competitive faculty members and the inner workings of a major university.

"The university is the noblest creation of Western civilization," says Carse, a retired professor of history and religious literature. That belief, along with his lifelong fascination with Socrates, led Carse to set his first novel, "PhDeath: The Puzzler Mysteries," at a major university in New York.

As the title suggests, Carse's book is filled with clues about the death of a newly appointed dean whose passing was assumed to be a suicide until a mysterious note in the form of a puzzle is sent to faculty and students. Everyone then sets out to become amateur detectives trying to crack the case.

During his time at NYU, Carse was enormously popular among students and academics alike, with many undergrads signing up to get on the wait list for his courses. His 1987 book, "Finite and Infinite Games," was considered particularly influential in his field.

However, throughout his teaching career, Carse often encountered students who were either too shy or intimidated to create meaningful relationships with their professors. We asked him for his tips on how students can overcome that fear and make the most of their college experience.

Avoid emailing if possible

While email is a quick and easy way to get in touch with an instructor, it's important to keep in mind that faculty members get countless messages each day, says Carse. "So they'll answer in the quickest way possible, and it's not really a meaningful exchange. There's too much nonhuman presence in it."

Don't be shy about creating a meaningful relationship with your instructors. ISTOCK

Face-to-face meetings are better

Instead, be sure to stop by a professor's office hours or ask if you can meet them for coffee somewhere on campus. "The ideal relationship between a professor and a student is a conversation," Carse explains. "One thing everyone needs to understand is that professors chose to be in the profession of teaching, and teaching is part of a conversation that is very large and is between the professor and the subject and the student."

Don't be afraid to ask for help

Many students say they are particularly afraid to approach a professor when they don't understand something, or worry that their interpretation of a theory or reading is wrong.

"But the main mission of a university is to teach ignorance. What I mean by that is that a teacher does the best job when they make students aware of what they don't know," says Carse. "So if a student says 'I don't understand' or 'I am confused by this,' if a person's a real teacher, they will help the student work out the problem."

In fact, Carse says that a sign of a good class is when students start thinking further about the topic and are able to look at it in new ways. "The conclusions come later," Carse says. "You should leave a classroom with a lot of questions, and then continue that conversation with your professor."

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Pixar's former CFO wants the tech world to be kinder

Steve Jobs' right-hand man talks the ups and downs of startup life.

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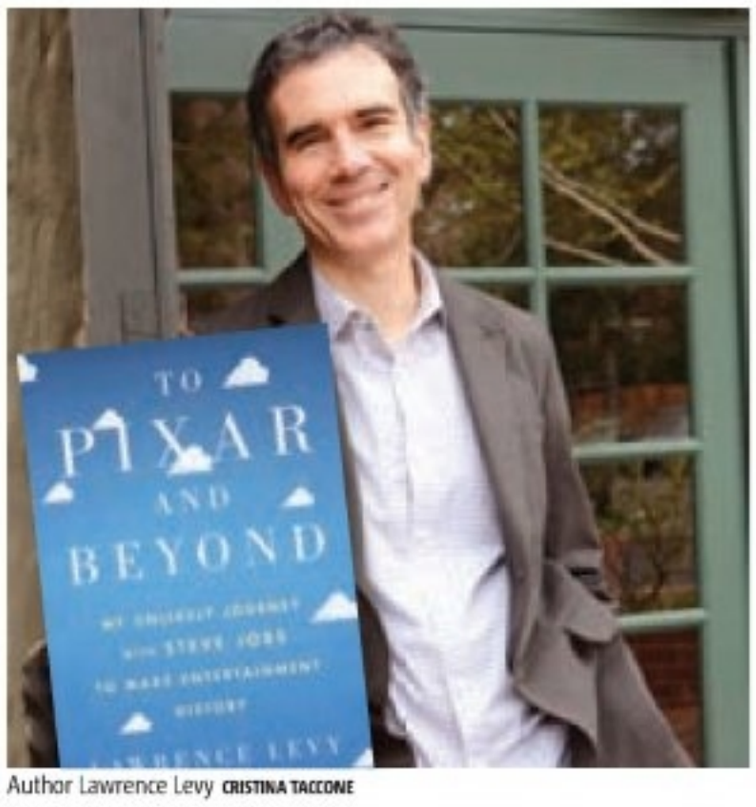
Lawrence Levy says people always ask him three things after they discover he used to be the chief financial officer of Pixar.

"They want to know was it was like to work for Steve Jobs, they want to know why I left Pixar and the final question is — and I am paraphrasing a little here — but it's 'Do I have to be a jerk to succeed?'" says Levy, the author of the book "To Pixar and Beyond."

Levy wants to assure everyone aspiring to work in the world of tech that it's not necessary to be an awful person to thrive.

"My answer is always, 'No, you don't have to be a jerk to succeed,'" he says. "But it is possible to succeed if you are a jerk. But if you want to carry yourself with dignity, that is a choice you can make." Here are his three survival tips.



Author Lawrence Levy CRISTINA TACCONE

A shift in thinking

The first step is to ignore the often incorrect stereotype of what Silicon Valley is really like. "We do build up that myth that you have to be a jerk" if you run a company, Levy notes. "Sometimes there is a bravado that is built up, but there's nothing that says you can't be a decent human being that's trying to do good in the world."

Levy tried to channel that just after he arrived at Pixar in 1994. Before the spectacular success of "Toy Story" the following year, Pixar's employees were disenchanted and struggling with low morale. Levy writes that he spent his first few weeks listening to employees and starting conversations with workers about how the company could turn things around.

There will be growing pains

Startups are notorious for working their employees hard and sometimes it can be hard to know if sticking around is worth it. "The No. 1 question you should be asking is 'Are you benefiting [from your job] in some way?'" says Levy. "It may not be the perfect environment, but it should be balanced with the question of 'Is this serving me in some way?'

Remember there is life beyond the office

Working 24/7 will cause you to lose perspective. "The key challenges in life are not how busy we are or how hard we are working," says Levy. "If we want to feel good about ourselves, it's not enough to invest in outer things. We have to make investments as well in our inner life."

That's why Levy urges all employees to make sure they take the time — even if it just a few minutes a day — to either meditate or do something else that will help them stay present. The hectic tech lifestyle "is culturally based, and we can shift those paradigms to something healthier," says Levy.

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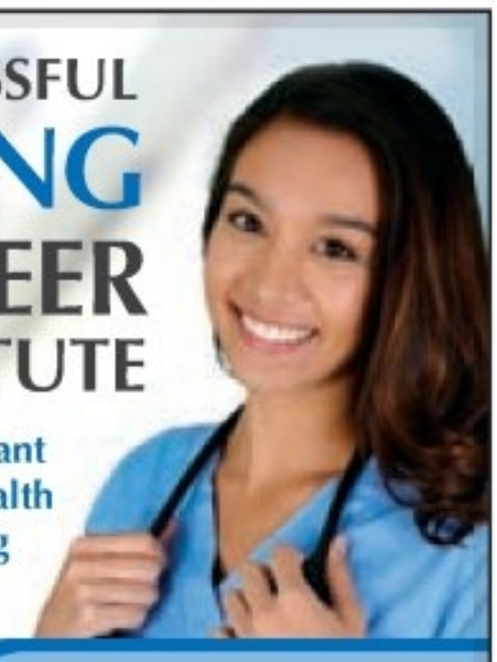

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3 Things we saw as the run game powered Eagles past Falcons

Ryan Mathews played like a star in Sunday's battle against the Falcons. GETTY IMAGES

The Eagles used defense and possession offense to earn win No. 5.

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The Eagles tallied 431 yards of offense Sunday — 208 of them on the ground — against the Falcons in a Week 10 battle in South Philly.

With those kind of numbers you'd expect a shootout. But instead, Philly took two touchdowns and a stellar defensive effort to best the Falcons 24-15.

Ryan Mathews was an absolute beast (fantasy owners take notice) as the Eagles possessed the ball for 38:10 in gametime.

Carson Wentz acted as a game manager (25-for-36 for 231 yards) and the Eagles bent but didn't break around Julio Jones on defense. They created excellent pressure on Matt Ryan and limited the explosiveness of Devonta Freeman.

Unlike in previous Eagles' losses that saw them needing a touchdown with minutes to go to come back and win, it was the defense on the field, up one possession, needing to stop the Falcons to preserve a "W." After an offensive pass interference call, the Eagles made a key stop on third down, and even more clutch stop when a pass to Julio Jones hit the turf on fourth down giving the offense the ball left.

With 2:19 left to play, the Eagles gained just enough yardage to set up a Caleb Sturgis 44-yard field goal to put the game out of reach (previously ahead 21-15).

Here's a look back at three things we saw in the victory, lifting Philly to 5-4.

1 Just as they planned it

The Eagles ran 13 plays for 81 yards, according to Doug Pederson's West Coast offense script to open the game — after forcing a Falcons punt — and the Birds combined short passes and Ryan Mathews power to punch into the end zone on a Mathews run to go up 7-0 in the first.

After another stout defensive effort, Wentz led Philly into Atlanta territory but a missed 44-yard Caleb Sturgis field goal kept the score a one touchdown spread.

The Falcons took advantage of the opportunity, going deep to Julio Jones 29-yard bomb to set them up deep in Eagles territory. Philly held and allowed only a Matt Bryant field goal to cut things to 7-3.

Another script looked to be working in the Eagle's second-half opening drive. The team marched — thanks in large part to screens and shifty runs by Darren Sproles — all the way to the Atlanta 11-yard line (73 yards) but a Jason Kelce penalty slowed the Birds' drive to a halt and resulted in a 29-yard field goal by Sturgis to put the Eagles up 10-6 midway trough the third.

2 Ground game

Mathews broke open a 21-yard run up the middle on first down to open Philly's final drive of the first half. Playing with the motivation of a running back relegated to back up (behind Darren Sproles who was introduced as the starter pregame), the back was featured on the field for the majority of Philadelphia's plays and gained 108 yards on 19 rushes, caught two passes for 30 yards and scored a pair of touchdowns.

Mixed in were great efforts from Wendell Smallwood (13 rushes for 70 yards) and Sproles (eight catches for 57 yards).

In a very long drive crossing into the fourth quarter, Pederson's play-calling skills once again came under scrutiny when, at the one-inch line, he called an outside run for Mathews who got stuffed at the 2-yard line. The Eagles settled for a chip shot field goal and a 13-9 advantage.

Later in the fourth trailing by two, the Eagles put together another long drive thanks to several sort dump off passes to Sproles. A pass interference call near the goal line on Atlanta set up the Eagles with a first and goal, and Mathews did the rest punching in his second touchdown run and putting Philly up (after a Mathews two-point conversion), 21-15.

3 Defensive statement

After allowing the Falcons to convert their first third down late in the third quarter (a slant to Jones who caught 10 passes for 135 yards), the Eagles hunkered down in the red zone using two negative plays — a tackle for loss by Malcolm Jenkins and sack by Connor Barwin — to hold Atlanta to a 43-yard field goal.

Atlanta's defense struck as well in the first half, with the Eagles driving inside two minutes and Wentz dropping back, a fumble recovered by the Falcons gave them one last chance to tack on a few points. But a few key defensive plays, one of which was a Fletcher Cox sack of Matt Ryan held them to a missed field goal.

In the third, the Eagles defense recovered after allowing a Jones bomb by tightening up in the red zone and holding Bryant to a short field goal, chipping into Philly's lead — now 10-9.

The biggest lapse came when Taylor Gabriel beat Leodis McKelvin on a deep bomb early in the fourth quarter, catching a 76-yard touchdown on a streak toward the end zone. The Falcons missed the extra point to lead 15-13.

For good measure, McKelvin earned redemption with a late fourth-down interception.

The win is a statement for the defense against a Falcons offense previously averaging 33.9 points per game.

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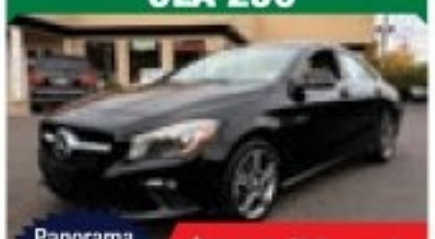
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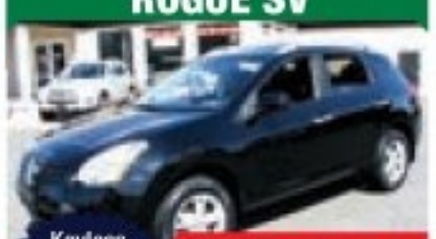
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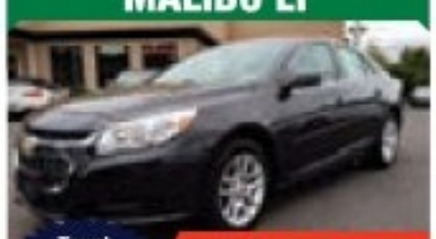
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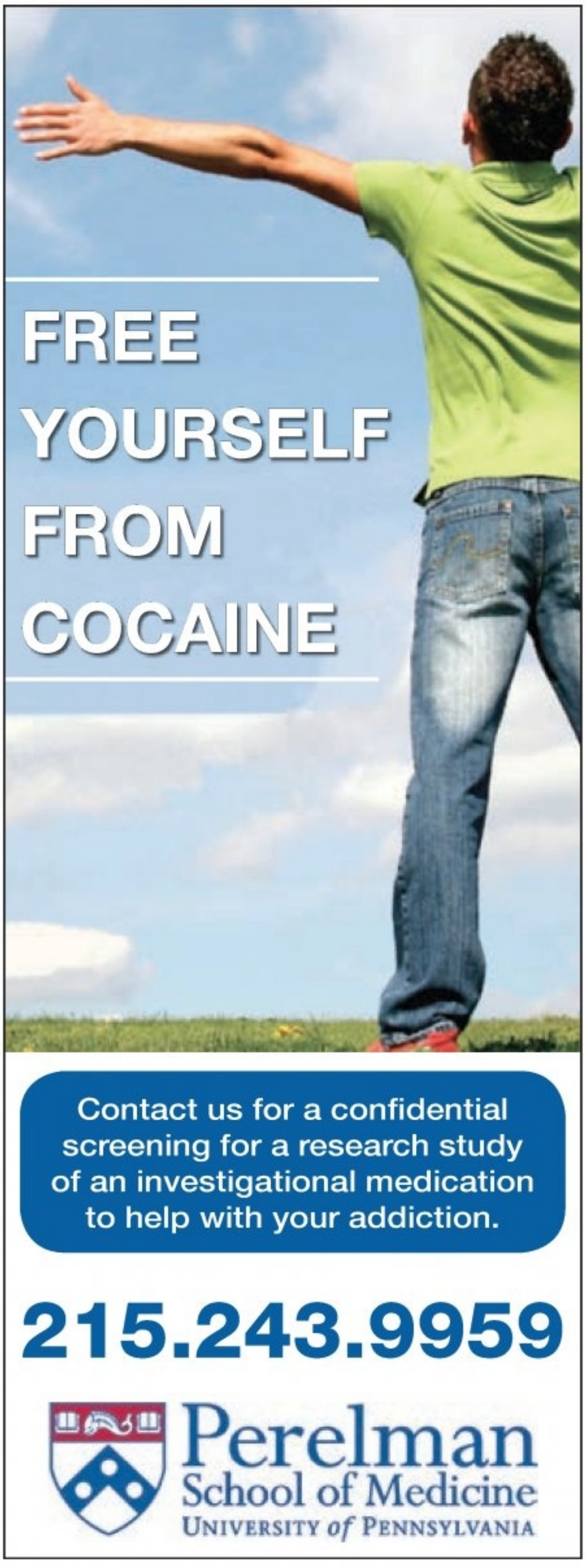

Talley's Villanova home finale spoiled, playoff hopes take hit

The WIldcats suffered a disappointing loss to James Madison, which seized a conference title Saturday.

JON MARKS
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The WIldcats still have a pretty good chance at making the FCS' postseason tournament. GETTY IMAGES

While James Madison and its surprisingly large legion of fans who traveled North for the occasion celebrated clinching the Colonial Athletic Conference title, Andy Talley walked off the Villanova Stadium field for what may have been the final time in his 32-year career.

The sixth-ranked Dukes' 20-7 win over Talley's ninth-ranked Wildcats — despite playing most of the way without do-everything quarterback Brian Schor — means 7-3 Nova will have to win at Delaware next weekend or else hope the FCS Tournament Selection Committee still selects them. It's not a scenario Talley is anxious to explore.

"There's only one thing that I'm interested in right now, we gotta go beat Delaware," Talley said. "We've gone to Delaware before having to win that game to go to the playoffs, so for me it's nothing new."

If the Wildcats can defend the way they did against 9-1 JMU, which came in averaging a whopping 49.1 points a game and twice had hit the 80 mark, they figure to have a good chance. After Schor drove his team 84 yards in 13 plays off the opening kickoff to take a quick 7-0 lead Nova really picked up its game defensively. Of course it didn't hurt that Schor had to leave early in the second quarter.

"I thought when [Schor] went down we were going to win the game," admitted Talley, as the Wildcats came up with two interceptions before the half, then bottled up the Dukes until those interceptions gave JMU short fields which resulted in two field goals and a late insurance touchdown. "He's really their team. I don't even know who the second kid [Johnson] is, but he wasn't going to be the same deal. "

> *"Now we have to lower our goal a little bit and go down to Delaware and see if we can win there."*
> Villanova head coach Andy Talley

Considering Schor went 10-of-11 for 108 yards and ran for 20 more, while Johnson was 5-of-12 for 43 yards with two interceptions, that was evident.

"I don't know if he was nervous but we were throwing stuff at him you can't prepare for on," said Villanova linebacker Austin Calitro, "[Schor] is pretty good. He kept plays alive with his feet. We stopped the run [JMU managed just 126 yards in 43 carries, with Khalid Abdullah rushing for 101 and scoring twice] and for the most part held our ground.

"Unfortunately they got the ball in good field position a couple of times."

That proved the difference, with Villanova's offensive essentially limited to Bednarczyk's 56-yard touchdown bolt up the middle, tying it 7-7 early in the second. Otherwise, Villanova was held in check by a JMU team which was giving up 26.3 points a game, which came as a surprise to Talley.

"It's just disappointing we did not play well on the offensive side of the ball and kind of blew a tremendous defensive effort away," said Talley, who doubts Nova would be given a tournament home game even if they knock off the Blue Hens in Newark. "I thought we would score at least 21. My question was whether we could hold them to 20."

They did, but it wasn't enough. That was the main thing on Talley's mind as he left the field, rather than focusing on the finality of it.

"I didn't have a lot of emotion regarding my last appearance here," he admitted. "Maybe I should, but I think most football coaches have tunnel vision regarding what's available. I don't want any focus taken off of our team. It's been a long career, and I'll be here, I'll be around next year."

Right now, though, all he and the Wildcats want is to still be around when the FCS playoffs get underway next week.

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7 Geneva's river
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9 W-2 info
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11 Green-egg layers
12 Twig juncture
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19 Lebanon neighbor
21 -- up (pay)
25 Lamer, as an excuse
26 Kind of cookie
27 Doll up
28 Sun, in combos
29 Close by
30 -- annum
31 All there
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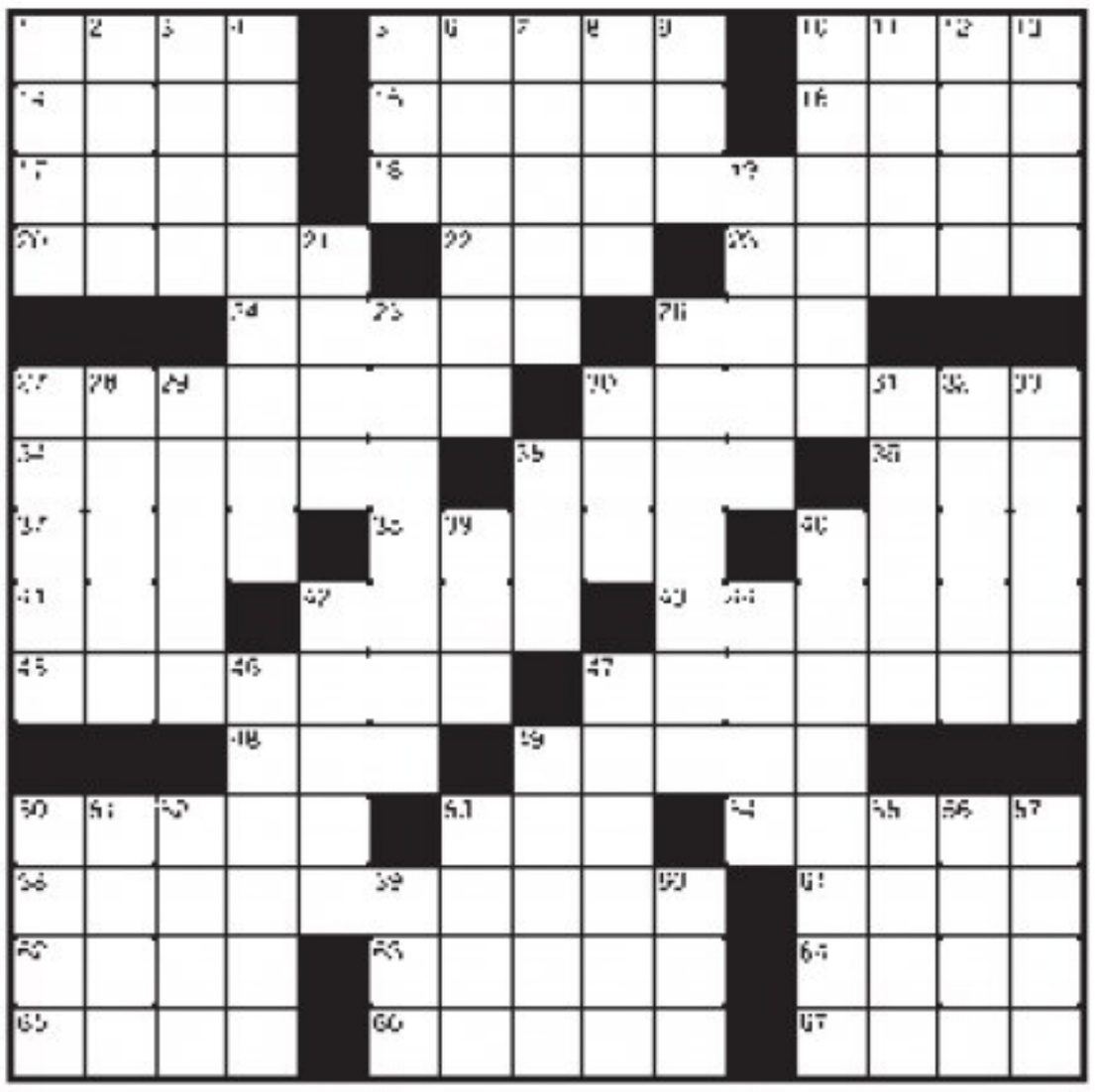

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		3				6		
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4		9	2	1	7	5		
5				8	3		6	1

hard

					2	1		
	1				8	7	3	6
	3			7				
	5				6	3		2
	7		4		3		8	
1		3	2				6	
				6			5	
9	2	8	5				7	
		5	3					

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Aries Decide on a plan or strategy and stick to it. Don't second-guess yourself or overanalyze the details. A last-minute change to an investment or contract will save you money.

Taurus Get together with people who inspire and motivate you. Partnerships can move forward if you can put differences aside and work toward a greater goal.

Gemini Make your dreams come true. Added discipline will help you expand your interests and take charge of your life. Live in the moment and learn from experience.

Cancer It's what you do for others that will make a difference. Think outside the box to find a way to please everyone. Personal improvements will boost your popularity.

Leo Listen, absorb and make an effort to offer practical suggestions. Refuse to let your emotions take control, causing conflict with someone you care about.

Virgo Learn from experience and refuse to let someone manipulate you into taking on added responsibilities. You should be romancing someone you love.

Libra Money matters will throw you for a loop. Check your bank balance and find a way to cut your overhead. If something is costing you too much, make an adjustment.

Scorpio If you follow a unique path, you will discover the satisfaction and happiness you are searching for. Don't give in to pressure or bullying. Stand firm and follow your heart.

Sagittarius Communication will lead to opportunities. Sharing your ideas and making subtle changes to the way you do things will attract good prospects.

Capricorn Discuss your personal plans and listen to the feedback. It's likely someone will offer a suggestion that will inspire you to fulfill your dreams.

Aquarius Put your emotions on the back burner. You need to focus on being mindful and looking for amicable solutions. Use your innovative imagination, and move forward.

Pisces Configure a plan that will help you use your strengths to increase your profits. Don't give in to demands that will make it impossible to reach your goal. EUGENIA LAST

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